



Experts Since 1923

Central Clinic
Behavioral Health

SUMMER 2024

STAY HEALTHY

According to the American Psychiatric Association (2024), our behaviors and habits contribute directly to mental health and wellness. Developing a healthy lifestyle can help to both treat and prevent various mental health diagnoses including depression, anxiety, bipolar disorder, and posttraumatic stress. There are five categories to consider when thinking about creating a healthy lifestyle to support mental health: **physical exercise, nutrition, mind-body and mindfulness practices, restorative sleep, and social relationships.**

Our Mission To provide choices and options through a compassionate approach to behavioral health services that results in lasting recovery and resiliency for children, families, and adults.



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Message from the President/CEO and Chair of the Board

In 1923, Central Clinic Behavioral Health (CCBH) was awarded a \$30,000 grant from the Community Chest, now known as United Way. This investment launched the first mental health nonprofit serving both children and adults in the State of Ohio – our organization.

June 2024 marked the beginning of Central Clinic Behavioral Health's 101st year. We are known for pioneering services that meet the unique cultural needs of specialized populations across our community. Our century-long commitment to meeting the needs of the community has had a lasting impact, offering a foundation for launching innovative services. Our philosophy to build programs that consider intricacies and identify options to overcome barriers supports our clients in their path of healing, recovery and resiliency. This same philosophy is being carried forward into our 101st year with a newfound excitement.


Remarkable things can happen during times of transition. Fresh enthusiasm has ignited thoughtful contemplation of possibilities. We are connecting with others and thinking outside the box for ways to modernize and enhance our reputation for being a leader in behavioral health. Together we are making things happen! Two new programs are being piloted: one that seeks to address bed shortages at the regional state hospital and the other tailored to meet the needs of individuals over the age of 60.

Our commitment to the everchanging needs of the community promotes flexibility, adaptation and innovation. We have just begun to witness possibilities coming to fruition.




Kimberly Mages, PhD,
LPCC-S
President & CEO




Michael Chaney
Chair of the Board



Adult Services

Innovation Lifts Up The LGBTQ+ Community

Adult Services continues to support the well-being of Cincinnati's adult population through its direct service. Our latest initiative aims to improve treatment access for the area's 60+ population and we are in the planning stage for our newest program – Senior Connections. This program will offer specialized services to the community's most underserved seniors with a primary focus of reducing social isolation.

June was an exciting month for Adult Services as we celebrated Juneteenth and Pride. Culturally Responsive Services continues to provide community outreach to African American men, which was highlighted by the program's annual Juneteenth picnic. We were also enthused to participate in this year's Pride Festival working to connect the area's LGBTQ+ population to specialized services.

Adult Services staff will continue to provide quality services to the patients/clients we serve and connect more individuals and families to appropriate treatment.



Court Clinic

The Southern Ohio Forensic Evaluation Services (SOFES) program at Court Clinic takes an innovative approach to forensic services across Ohio's southwestern region. SOFES is finding ways to support the community given limited bed availability at the regional state hospital. One way SOFES supports the community is through outpatient competency restoration (OCR) services for defendants determined to be Incompetent to Stand Trial (IST) who do not need to be hospitalized while they receive competency restoration services. However, for defendants determined to be IST that do require an inpatient level of care for competency restoration, there are very long waitlists for admission to the state hospitals, thus there are barriers to move defendants from incarceration to the hospitals in a timely manner.

In order to address this problem, the Ohio Department of Mental Health and Addiction Services (OhioMHAS) allocated funding and designated SOFES to implement a pilot Jail-Based Competency Restoration (JBCR) program at the Hamilton County Justice Center (HCJC). This program is designed to provide competency restoration services to defendants determined to be IST while they await admission to the state hospital. The goal is to provide competency restoration services in a timely manner, and hopefully eliminate the need for some individuals to be admitted to the state hospital. For others, the goal is to start competency restoration services while they are waiting to be admitted to the state hospital, ideally decreasing the time they need to remain inpatient.



Child & Family Treatment Center

Central Clinic Behavioral Health planned and implemented its first DEI (diversity, equity, and inclusion) community event, led by the Child & Family Treatment Center. The event – CARE (Community Access to Resources Event) Fair - purpose was to engage as many community agencies and organizations as possible to benefit people in our community. The goal was to celebrate Cincinnati's diversity and highlight the variety of services available throughout the community. All participating agencies were able to share resources with the attendees and showcase the wonderful work they are doing. CARE Fair was held in the parking lot of the Child & Family Treatment Center with 19 organizations participating in the event. CARE Fair offered the community an opportunity for connection and socialization with



CDC Behavioral Health Services

Butler County START Program

Kristina and Stephen are a wonderful success story for the Butler County, Ohio Sobriety, Treatment and Reducing Trauma (START) program (an evidence-based and nationally certified program led by Butler County Children Services (BCCS) in partnership with CDC Behavioral Health). They attended treatment and consistently met with their CDC family peer mentor and caseworker, who provided encouragement and support to help them reach their goals. They were able to obtain sobriety and keep their child safely in their home. Kristina shared, "Thanks to the START program, my family has been able to stay happy, healthy (physically and mentally), sober, and together; the overwhelming support we received throughout our entire journey through START has been such a huge blessing and we are forever grateful for the opportunity we were given to participate." The staff is proud of them and grateful for the opportunity to walk alongside them in their journey.

Family Healing Center

Central Clinic Behavioral Health's Family Healing Center - Butler County is taking advantage of the warmer weather this summer and enjoying time outdoors with involved families. While facilitating supervised, therapeutic visitation between children and families involved with BCCS, the Family Healing Center improves lives by engaging families in outdoor activities, such as basketball, cornhole, and tossing football. This allows families to simultaneously improve their physical health and increase their bond and interactions together. The Family Healing Center provides a designated outdoor play area for children, which is essential for their health, well-being, and development.



Save the Date: October 24, 2024



Mark your calendar now to attend Central Clinic Behavioral Health's premiere fundraising event at The George Event Center to be held on **October 24, 2024** at 6:00 pm. Join us for live music, food, and drinks and witness the impact of Central Clinic Behavioral Health. More details to follow.

Funder Gratitude

Central Clinic Behavioral Health relies on the generosity of the greater Cincinnati community for financial support. We are grateful to all of our donors. The board and all personnel salute those donors who have financially supported Central Clinic Behavioral Health. We want to pay special tribute to our late President/CEO, Dr. Walter S. Smitson and salute people in his life that made a donation in his memory.



"I am incredibly proud to have served Central Clinic for over five decades and humbled by the strides we have made to serve thousands of children, adults, and families. I am tremendously grateful for the opportunity to make an impact in this organization since 1967. Central Clinic is my life's work. I cannot express how much serving it, and its clients, has meant to me." ~WSS

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Funding partners include:

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